

Listening

1 Recording 10 Listen and write true (T) or false (F).

- 1 Sharon is aggressive towards Ben. F
- 2 Sharon's really into discussing the political situation with Ben. ____
- 3 Lizzie tends to watch a lot of television. ____
- 4 Lizzie likes factual programmes. ____
- 5 Fred believes he was unfairly dismissed. ____
- 6 Fred wasn't expecting to lose his job. ____
- 7 Claire thinks the critics views were a fair reflection on the exhibition. ____
- 8 Claire was surprised when she heard others praising the originality of the exhibition. ____
- 9 Dan only ever listens to the news on
his way to work. ____
- 10 Dan is embarrassed to admit that he
enjoys a bit of gossip. ____
- 11 Toby says he looks forward to getting up
every day. ____

2 Recording 11 What are these people talking about? Listen and underline the correct answer, a), b) or c).

- 1 a) stalking b) kidnapping c) mugging
- 2 a) pickpocketing b) shooting c) mugging
- 3 a) hacking b) tax evasion c) identity theft
- 4 a) shoplifting b) vandalism c) pickpocketing
- 5 a) kidnapping b) mugging c) pickpocketing
- 6 a) arson b) vandalism c) counterfeiting

Grammar

3 Correct two mistakes in each sentence.

- 1 I remember ~~to see~~ seeing a man outside, but I didn't suspect him of ~~de~~ doing anything bad.
- 2 The policeman tried arresting the burglar, what was a dangerous thing to do, as he was armed.
- 3 I'm sure I will leave the country by the time you would read this letter.
- 4 Hayley wouldn't live in New Zealand right now if she had got a visa to work there.

- 5 You mustn't have seen Jason at the gym as he's being banned from that place.
 6 If he listens to our advice, he won't be in the predicament he now finds himself in.

4 Complete the second sentence with no more than five words so that it means the same as the first. Use the word in CAPITALS.

1 Were you able to get tickets for the final? **MANAGE**

Did you manage to get tickets for the final?

2 It would be a good idea to wash your hands as dinner's nearly ready.

BETTER

_____ your hands as dinner's nearly ready.

3 'I'm sorry I let you down, Maria,' said Paula. **APOLOGISED**

Paula _____ her down.

4 Lisa isn't allowed to watch horror films by her parents.

LET

Lisa's parents _____ horror films.

5 I'm really tired because I stayed up late last night. **IF**

I wouldn't be so tired _____ up late last night.

6 Although she's highly intelligent, Debs is also very modest.

DESPITE

Debs is very modest _____ intelligent.

7 I'm sure you didn't see Liam yesterday because he's abroad at the moment.

HAVE

You _____ yesterday because he's abroad at the moment.

□ □ 6 □

5 Complete the text with one word in each gap.

I've never been ¹*able* to understand why so many people ² _____ obsessed with the ageing process. Whenever you turn on ³ _____ television or flick through a magazine, ⁴ _____ 'll see loads of advertisements for beauty products claiming to take years off you. Of course it ⁵ _____ be great if I looked younger, but I do believe ⁶ _____ when you feel good on the inside, you look good on the outside. I'd say that right now I'm the healthiest I've ⁷ _____ been and I always wake up feeling energetic and focused. If I ⁸ _____ asked to stop working, I'd refuse, because I look forward to getting up and going to a job I thoroughly enjoy. The last thing I feel like ⁹ _____ now is retiring, as there are still so many things I

want to achieve in my working life. Besides, I know my body ¹⁰ _____ tell me when it's time to stop working. Until then, I'll carry on.

6 Complete the sentences with the correct form of the words in brackets.

- 1 Emma would start crying whenever she didn't get her own way. (would/start)
- 2 Jim _____ his temper when tired. (prone/lose)
- 3 As _____, I _____ about work when I'm at home. (rule/not talk)
- 4 Bob _____ in front of our house even though we've asked him not to. (keep/park)
- 5 Lou _____ always _____ jokes. (be/tell)
- 6 On this occasion I _____ Dan's story. It does sound plausible. (inclined/believe)
- 7 You know what Sarah's like! She _____. (tendency/exaggerate)
- 8 It's an odd habit but she _____ often _____ hours _____ ready, then decide she doesn't feel like going out. (spend/get)
- 9 Jan never _____ at all tidy but now she's got her own flat, it's spotless! (used/be)
- 10 When I was a first-year student, I _____ to do my homework. (forever/forget)
- 11 Janet _____ everything in her stride and is never daunted by any challenge. (tend/take)

Vocabulary

6 Underline the correct alternative.

- 1 I was falsely *threatened/accused* of stealing money from the company.
- 2 Although I had nothing to hide, I still felt nervous when the *content/contents* of my bag were checked at customs.
- 3 Oscar dreams *off/for* becoming a famous Shakespearean actor when he's older.
- 4 Our company strategy is to *spot/grab* gaps in the market and then create products to fill them.
- 5 Burt was completely taken *in/over* by the fake pension scheme and had no idea he'd lose all his hard-earned money.
- 6 Lorna told her ten-year-old daughter she was too young to *put/wear* make-up.
- 7 Kelsey's *in/of* great shape considering he's now in his fifties.
- 8 My father always told me to *betray/stick* to my principles, no matter what was at stake.
- 9 I'm afraid I have some rather sad news. Your Aunt Alice passed *away/by* this morning in her sleep.

7 Complete the sentences with the words in the box. There are two extra words you do not need.

autobiographies biographies
hilarious
incredible predictable shaking
significant spontaneous swinging

- 1 I do wish that his films didn't always have such utterly predictable endings. You can always tell what's going to happen!
- 2 Seeing his comic act live was fantastic. His jokes and anecdotes were _____ and had us all in fits of laughter.
- 3 Kay loves being _____ and will often call me to suggest doing something fun right there and then.
- 4 Given they were only amateurs who'd started working on the play three months beforehand, I thought the performance was absolutely _____.
- 5 Although during the incident I hadn't felt scared, afterwards, I realised I was _____ like a leaf.
- 6 I have to say I'm not much into _____.
I prefer it when the person themselves has written about their own life, not someone else.
- 7 I'd like to thank you all for staying late today. We've already made _____ progress and I'm sure we'll manage to meet the deadline.

8 Complete the sentences with the correct form of the word in brackets.

- 1 I'd like to have these holiday photos enlarged (large) so we can frame them and hang them up in the lounge.
- 2 I always enjoy reading the _____ (edit) pages of the Sunday papers to get a general idea of the main news items of the week.
- 3 Jack's _____ (mature) often lets him down.
It's about time he faced up to the fact that he's no longer in his twenties.
- 4 What you're suggesting is completely _____ (ethics) and I will not allow it. It goes against all my principles.
- 5 The development of satellite links has truly _____ (form) our communication systems.

6 I really can't imagine Kevin being a centre manager. He's not really a people person and tends to be too _____ (confront) when it comes to dealing with conflict.

7 Arnold's finding it hard to get work because having invested so much into his education, he's now _____ (qualification) for a lot of the jobs he's been applying for.

9 Match 1–6 with a)–h). There are two options you do not need.

1 As no-one else seemed interested in the position, I put my _____ c

2 Sarah literally became a household _____

3 Charlotte told me she was named _____

4 I think June said her maiden _____

5 After ten years in the industry, she's made _____

6 Although my given _____

a) name is Christine, everyone calls me by my middle name: Emily.

b) up to the family name and reputation that preceded her.

~~c) name forward for captain of our local cricket team.~~

d) after her great-grandmother, who was an incredibly strong and determined woman.

e) name only as she had no real political power or authority.

f) name overnight after appearing on a popular reality TV show.

g) name was Crayford before she married Pete and changed it to Bracey.

h) a big name for herself in Hollywood. It's well deserved – she's a very talented actor.

10 Complete the personality adjectives in the sentences.

1 Jane's son Harry is very inquisitive and always wants to know what's going on.

2 I wasn't surprised when Mandy's parents told me she was a very r_____ teenager. She still doesn't react well to being told what to do.

3 My sister often overreacts to things. She also becomes anxious when she can't control situations. She really is quite n_____.

4 Si's extremely c_____ and applies himself to everything he does. He's always methodical and meticulous when it comes to reports.

5 Nowadays a lot of people are a_____ when it comes to politics and so when it comes to election time, they don't bother to vote.

6 Lindsay will stubbornly refuse to change her opinion in spite of all attempts to persuade her otherwise. She's the most o_____ person I've ever met!

Function

11 Complete the conversation by adding the words or phrases in the box to the phrases in bold. There are two options you do not need.

basically can is mean obvious on earth shouldn't you

you

A: ¹**Don't ^ agree that** voting should be compulsory, like it is in Australia?

B: But ²**why** shouldn't it be up to the individual? If we live in a democracy, it should be our choice whether we vote or not.

A: Why? ³**Anyone see that** politics affects our daily lives.

B: ⁴**But** we just let politicians get on with governing the country? They know what they're doing.

A: ⁵**So what you're saying that** we as individuals have no need to vote really?

B: Absolutely. ⁶**Isn't it that** very little actually changes in how the country is run even after we vote for different people or parties?

A: Well, clearly we'll have to agree to disagree.

12 Cross out the extra word in each sentence.

1 Tom is always such a ~~so~~ helpful person, isn't he?

2 Why on the earth didn't you listen to me?

I warned you it was a terrible idea to go ahead alone.

3 Actually, I so do know the answer to the question!

4 My neighbours are the ones who they looked after my house while I was away.

5 It's very completely insane to spend so much money on clothes every season.

6 There's no the way you could have met Paul before. He's only just arrived in the UK.

13 Complete the sentences with the correct form of the words in the box.

catch go happen occur realise remind

1 I'm afraid I didn't catch the make of the car. It could have been a Renault.

2 It _____ to me that the young man was acting suspiciously.

3 My mind just _____ blank and I couldn't remember anything.

- 4 It all _____ so fast that I just froze.
5 She _____ me of my sister as they're both tall and blonde.
6 It was only later that I _____ the danger I'd been in.

Reading

14. Read the article opposite and complete the gaps with paragraph headings a)–k) below.

- a) Surround yourself with things you love
- b) ~~Having the right attitude~~
- c) Accept times of sadness
- d) Spend time with happy people
- e) And most important of all...
- f) The power of laughter
- g) Forget numbers
- h) Take care of your health
- i) Don't feel guilty
- j) Remember simple pleasures
- k) Be a student

Live long, keep healthy

It is now no longer unusual for people to live well into their eighties or nineties, but few would wish to end their days suffering from ill health or loneliness.

1 b

Here at *Healthy Ageing*, we believe that humour and a positive outlook play a big part in keeping us young, so we hope you will enjoy our humorous guide to growing old.

2 ____

Don't worry about numbers connected to age, weight and height. Let the doctors worry about those. That's what we pay them for, isn't it?

3 ____

Continue to learn. Keep abreast of what's going on in the world. If you don't have one already, get

a computer and teach yourself how to use it. Take up new hobbies. Get out into the garden. Join the local history society. Whatever it is, use your brain because if you don't, your brain will give up on you.

4 ____

Be careful about the company you keep. Avoid negative people. They bring you down and make you feel depressed. Seek out positive people.

5 ____

Laughter works in more ways than you can imagine. Did you know that laughter dissolves tension, stress, anxiety, irritation, anger, grief and depression? Laughter releases endorphins that boost the immune system so make sure you start seeing the funny side.

6 ____

Take time to listen to the birds. Sit back and watch the clouds. Go to a café and just simply watch the world go by.

7 ____

Everyone goes through ups and downs in their lives. It's how you deal with the difficult times that counts: cry if you need to and then just move on.

8 ____

Whatever that might be: family, pets, keepsakes, music or plants, for example. Your home is your refuge so make it a special place.

9 ____

If it is good, preserve it. If it is unstable, improve it. If you can't improve it by yourself, be sure to ask for professional help.

10 ____

Enjoy your pleasures, and don't reproach yourself. Go shopping, go abroad. If you have the money, enjoy it. Life is for living.

11 ____

Tell the people you love that you love them, at every opportunity. It's good for you; it's good for them. Don't be afraid to be open with your emotions.

We hope that you've enjoyed reading these tips. Please let us know what keeps you young at heart.

15 Read the article again. Underline *true* (T) or *false* (F).

According to the writer:

1 we are living longer than we used to. T/F

2 old people can feel lonely. T/F

3 it doesn't matter if we have a pessimistic outlook on life. T/F

4 doctors are paid to worry about you. T/F

5 your brain doesn't need stimulation. T/F

6 you should stick with people who have a positive outlook on life. T/F

7 laughter helps both mind and body. T/F

- 8 you must go outdoors every day. T/F
9 crying will bring you down. T/F
10 you should have a pet. T/F
11 your health is your responsibility. T/F

Writing

16 Underline the correct answer, a), b) or c).

1 c some teenagers watch too much television, others prefer to do sport.

a) Additionally b) As c) While

2 I was frustrated at not having any news _____ the jobs I had applied for.

a) in contrast b) regarding c) this shows

3 Max started working out at the gym every day _____ impress his colleagues.

a) in addition b) for c) in order to

4 _____ my brother is very ambitious, he doesn't put much effort into his work.

a) Given this b) Although c) Because

5 _____ her exhaustion, Sally still went to Jodie's wedding.

a) Despite b) On balance c) Although

6 Ben went back to college _____ he could complete the foundation course he needed as an entry requirement to get into university.

a) despite b) so that c) in order to